

Emeritus at Potomac, Harvard Medical School and the Rockville Senior Center invite you to a complementary and educational event.

Alzheimer’s Disease: The Advances in Research and the Reasons for Hope
Presented by: Dr. Brendon Boot, *Department of Neurology, Brigham & Women’s Hospital, Massachusetts General Hospital and Harvard Medical School*

Internationally renowned behavioral neurology expert Dr. Brendon Boot will explain the new shift to early diagnosis, the latest in clinical research on the disease, new diagnostic methods, FDA-approved treatment options and beneficial lifestyle modifications.

Friday, Oct. 11, 10:30 a.m.
in the Blossom room
301.765.9198 by Friday, Oct. 4th
Brain healthy refreshments will be served.

Welcome Jerry!

The new Home Maintenance Home Coordinator



Jerry has worked in the field of home maintenance and repair for 20 years. He welcomes your questions and contractor suggestions. Please call him at 240 314-8819 or email him at gjones@rockvillemd.gov

In October the Rockville Sister City Corporation (RSCC) will host guests from our sister city, Pinneberg, Germany. The Fotokreis camera club will install an exhibit of photographs of Germany in the Rockville Senior Center lounge. The exhibit will be open to the public from Oct. 7 till the end of the month during normal Senior Center hours.

During the week of Oct. 7 to 11 the, from 8:30 a.m. to 5 p.m. camera club members will be hosts during the exhibit. Come visit!

Rockville Senior Center
1150 Carnation Drive
Rockville, Maryland 20850



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Rockville Senior Center Newsletter

Add years to your life and life to your years!



October Program and Events

Oct. 2 (Wednesday) 1 to 2:30 p.m.
Diabetes Education Session
Interested in learning more about diabetes among seniors? Join Drs. Paul Jones and Darlene Saunders of the Pacific Institute for Research and Evaluation (PIRE) as they discuss this health concern and things you can do to lower your risk of developing this group of diseases. Open to Senior Center members only, and you must be 55 years or older to participate. **Note:** Participants who finish this health education program and complete a written survey are paid \$10 cash. Those who volunteer to complete a follow-up survey, conducted 4 weeks after this session, will earn an extra \$10 by mail. *This session is done by appointment only. Appointments can be made at the Information Desk or call: 240-314-8810. Free*

Oct. 22 (Tuesday) 10 a.m.
All members are welcome to **"All in a Days Grind" coffee club**. Meet new friends and learn about what's new at the center. No registration required. Located in the Senior Center lounge. Free and sponsored by Rockville Seniors Inc. in partnership with the Senior Commission.

Oct. 22 (Tuesday) 10 a.m. to 1 p.m.
Flu Clinic
Open to all. Regular, high dose,

and pneumonia vaccine available. Bring your Medicare and insurance cards. **Without Medicare B:** \$35 for flu shots, \$90 pneumonia

Oct. 24 (Thursday) 1 to 3 p.m.
Affordable Care Act and Seniors
If you are not currently enrolled in Medicare learn the facts surrounding the new health care law, insurance options and how to take advantage of the new benefits. Presented by AARP of Maryland

Oct. 25 (Friday) 10 a.m. to 1 p.m.
Drug Take Back Day
Are you looking for a safe and easy way to discard unused, unwanted or expired household drugs or medications from your cabinets, bedside tables, and kitchen drawers? As part of the national take back initiative, the Rockville City Police will be at the Senior Center to bag up your old medicine and drop it off safely where it will be properly disposed.

Oct. 25 (Friday) 1 p.m.
Hallowishes Party
Come join the Halloween party! Come dressed up, enjoy great entertainment and treats. #45054. Free/ M, R; \$5/NR.

Go to www.rockvillemd.gov/seniorcenter and click on recreation classes to see a full list of classes offered, or pick up a copy of the latest Recreation Guide at the Senior Center or any City facility.

M-Members (Age 60 and older)
R-Residents/nonmembers (Age 60 and older who live in Rockville but are not members of the center)
NR-Nonresidents/nonmembers (Age 60 and older who live outside the City of Rockville limits)

Dates to Remember:

Tuesday, Oct. 8 , 10:30 to 11:30 a.m.
Gems of China

Tuesday, Oct. 8, 1 p.m.
Fashion Show with Taylor Marie

Thursday, Oct. 17 , 10 a.m. to 2 p.m.
Young In Heart Club Clutter Sale

Wednesday, Oct. 23
Red Hat Trip - Channel 4 News Station Guided tour with Veronica Johnson, Meteorologist

Friday, Oct. 25, 1 p.m.
Hallowishes Party



Senior Center Hours:
Monday - Friday, 8:30 a.m. to 5 p.m.
Saturday, 8:30 a.m. to 1 p.m. (Drop in use only)

Fitness Center Hours:
Monday - Friday, 7 a.m. to 7 p.m.
Saturday, 7 a.m. to 3 p.m.

1150 Carnation Dr.
Rockville, Maryland 20850-2044
240-314-8800

For updates and information visit our website:
www.rockvillemd.gov/seniorcenter

 **Follow Rockville Seniors on Facebook!**



Severe Weather Schedule

Your safety is important to us!
Please call 240-314-8800 for updates. This schedule is subject to change if conditions change throughout the day.

	When Schools Are Closed	When Schools Open Late
Shopping Transportation	Emergency Trips Only	On Schedule (when possible)
Senior Center Transportation	Canceled	On Schedule (when possible)
Senior Center Programs	All programs canceled	No Morning (classes before noon) programs
Drop in programs and Fitness room	Open at 9:30 a.m. but please call to verify	Open at 9:30 a.m. but please call to verify
Senior Clubs, meetings, luncheons	Canceled	Canceled
Nutrition lunch	Canceled	Canceled
Carnation Supper Club	Canceled	On Schedule (when possible)
Bingo	Canceled	On Schedule
Trips	Canceled	On Schedule (when possible)

- ⇒ When schools OPEN LATE the Senior Center opens at 9:30 a.m.
- ⇒ When schools are CLOSED for the day, the Senior Center will strive to open for drop-in use between the hours of 9:30 a.m. and 4:30 p.m. (Subject to deteriorating weather conditions, the center may close earlier)
- ⇒ When schools CLOSE EARLY due to inclement weather, the Carnation Supper Club and Bingo are CANCELED

If you have questions about our weekend hours during inclement weather please call the Senior Center at 240-314-8800 for a recorded message.

Rockville Seniors Inc.

All members of the Senior Center are also members of R.S.I. (Rockville Seniors Inc). The purpose of R.S.I is to improve the quality of life for all of Rockville's senior citizens. We raise funds through our bazaars, bingo, thrift & gift shops. All monies raised go to support the Senior Center in ways that the City cannot support.

All members of the Senior Center can make donations to R.S.I to support our efforts. Members can donate to the general fund or make donations for a specific purpose. Members have purchased exercise machines, stage draperies, bocce court equipment, book shelves & many other items.

We encourage Senior Center members to attend an R.S.I Board meeting. Your comments and suggestions will help us to better meet your needs. Board meetings are the third Tuesday of each month at 1 p.m. Hope to see you there!

Jim Goheen-President, R.S.I

Forget Me Not

In Memory of Ethel White
Donated by Barbara and Peter Weidenbruch and Young in Heart



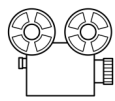
Senior Commission
Mayor and Council Candidates Forum

Come Hear the Candidates
The Senior Citizens Commission will host a “Candidates Forum” at the Senior Center on Tuesday, Oct. 29 at 1p.m.

Election Day
Rockville will provide transportation to the polls for seniors on Election Day, Tuesday, Nov. 5. Seniors living in private homes can request transportation assistance to the polls. Call the Senior Services Office at 240-314-8810 to reserve a ride. The deadline to reserve a ride is Friday, Nov. 1.

Friday Night at the Movies

“Winter’s Bone”
Friday, Oct. 18, 7 p.m.
In the Center Lounge



Free admission for Center members,
\$5 for non-members
Register by calling 240-314-8800
(Course #45045)
Popcorn and refreshments available for sale.



This Month’s Matinees

Friday, Oct. 4, 1 to 3 p.m.
Jack Reacher
(PG-13 for violence, language and some drug material)
A homicide investigator digs deeper into a case involving a trained military sniper who shot five random victims.

Thursday, Oct. 17 and Friday, Oct. 18, 1 to 3 p.m.
The Impossible
(PG-13 for intense realistic disaster sequences, including disturbing injury images and brief nudity)
The story of a tourist family in Thailand caught in the destruction and chaotic aftermath of the 2004 Indian Ocean tsunami.

Supper Club

Tuesday, Oct. 22, 5 to 7 p.m.
Catered by the Rockville Senior Center Staff

Your menu will include:
Tossed Salad
Kielbasa with Homemade Macaroni & Cheese
Fresh Vegetable Roll & Butter
Choice of Beverages
Dessert

Cost: \$12 per person
Registration Deadline: Tuesday, Oct. 15

Entertainment: ‘The Showstoppers’

Name: _____

Address: _____

Transportation: __Yes __ No

Payment Enclosed: _____

Wellness Tips: Lyme Disease

One of the most well known problems in our area is Lyme Disease, which is a bacterial infection resulting from the bite of an infected tick. This is a *serious* disorder!

Symptoms

Headache, chills and fever, muscle and joint pain, fatigue, swollen lymph nodes, a red rash that resembles a bull's eye (often around the area of the bite). Later symptoms (weeks, months or even years after the bite) brief arthritic pain and swelling in larger joints, such as the knee. Nervous system abnormalities, such as numbness, pain, partial paralysis of facial muscles, meningitis and irregular heart rhythm. If left untreated, other difficulties can occur.

Prevention

- Ticks do not jump or fly onto people. They wait on low vegetation and attach to the hosts.
- *Avoid tick-infested areas such as tall grass and dense vegetation.
 - *Walk in the center of mowed trails to avoid brushing against vegetation.
 - *Keep grass cut and underbrush thinned in yards. Follow directions if chemicals are used.
 - *Eliminate living places of small rodents.
 - *Wear light colored clothing so that ticks are easier to see and remove.
 - *Tuck pant legs into socks and boots. Wear long-sleeved shirts buttoned at the wrist.
 - *Check yourself, children and pets if you have been in a tick infested area.
 - *Apply tick repellent to areas of the body and clothing that may come into contact with grass and brush. Follow directions carefully; don't overuse repellents which can cause toxic or allergic reactions.
 - *Ask your veterinarian to recommend tick control for your pets.

To Remove a Tick

- *Grasp tick with tweezers as close to skin as possible and gently, but firmly, pull straight out. Avoid twisting or jerking motions that may break off mouth parts in the skin.
- *If tweezers are not available, protect your fingers with gloves, tissue, or a paper towel. Do not touch tick with bare fingers as the disease-causing organism can enter the body through a break in the skin.
- *After the tick is removed, wash hands with soap and water and apply antiseptic to the bite site.
- *Dispose of tick by drowning in alcohol or flushing down a drain or toilet.
- *Tick removal using nail polish, petroleum jelly, alcohol or a hot match is not safe.
- *If you get sick and have been exposed to ticks be sure to tell your doctor about the exposure.

Your doctor can run a test to see if you are positive for Lyme. It can be treated with prescribed antibiotics. Many holistic doctors run more thorough tests to detect problems in the blood causing other issues.

Betty Figlure, Wellness Coordinator
bfiglure@rockvillemd.gov
240-314-8803